

SG1J

28 JULY 1986

SESSION SUMMARY

Throughout this morning's sessions I felt much more confident with the motion of the sites, with the exception of the very first sequence. I think that I'm still not sure what to expect right at the start. There seems to be an awful lot of noise at the very beginning of each session, but it seems to subside somewhat after the first several attempts. I still experience some difficulty in trying to find descriptive words for the motion, especially if I haven't experienced in quite the same way before. It's almost as if I have to stop, rewire the left hemisphere, and search for the correct word that I need to describe the experience. However, as the training progresses this problem occurs less frequently.

I still am having some difficulty with feeling of the site. There are times when I get the motion and the feeling mixed up. At this stage it is very hard for me to distinguish one from the other at times.

When I try to identify the feeling, I sometimes find myself using terminology such as rolling, fluid motion, etc. In actuality these descriptors are related to the overall motion of the site and not necessarily to the feeling. Perhaps it might help if I put down the feeling first and then the motion.

END